

aeca

ARCOLA EAST COMMUNITY ASSOCIATION

Regina, Saskatchewan

January 2020

It's that time of year! - \$1000 Post-Secondary Scholarship

The AECA is pleased to announce that it will be sponsoring one (1) \$1000.00 post-secondary scholarship for the year 2020-2021. This scholarship highlights the valuable contribution young people provide through their volunteer community involvement. It is intended to assist the recipient financially to achieve their post-secondary educational goals. The AECA will pay the approved amount to the successful candidate upon receipt of proof that he/she has enrolled in a post-secondary institute in the year following graduation from high school.

Find out how and when to apply by visiting our website -- [click here.](#)



AECA's Yashu Bither with 2019 scholarship recipient Kyla Thies.

Arcola East Preschool Registration for Winter/Spring 2020-2021

The Arcola East Preschool will be registering online for the 20-21 school year. If you currently have a child in the program or have been in before, you can register beginning Feb. 27, 2020.

Open registration will be ongoing beginning Mar. 5, 2020. To register, please go to our website, aecaregina.com, and click "Online Registration." You will need to create an account, but this can be done in advance.

For more information, please go to preschool.aecaregina.com

The classes available are as follows:

Class A - Mon./Wed./Fri. a.m. - \$165 per month (for children who will attend kindergarten in the fall 2021).

Class B - Mon./Wed. p.m. - \$125 per month

Class C - Tues./Thurs. a.m. - \$125 per month

Class D - Tues./Thurs. p.m. - \$125 per month

Classes run from Sept. 2020 to May 2021.

There is a \$50 non-refundable deposit to hold your spot and you must have a current AECA membership (can be purchased online).

Please note that children must be at least 3-years-old by October 31, 2020 and must be fully potty trained (no pull ups).

**Online registration opens Jan. 4, 2020 at 9 a.m.
Follow the [link](#), create an account and register
for our winter programs!**

Good Neighbour Day

Arcola East Community Association is hosting **Good Neighbour Day on Saturday, May 30, 2020.**

We are building community and we want you to be part of it.

Here are some ways to participate:

- Invite a neighbour to join you for coffee or a walk. Take your kids to the playground with another family.
- Host a bonfire, potluck meal or coffee party and invite several neighbours from surrounding homes. It doesn't have to be elaborate- "BYO coffee and your lawn chair to my place."
- Introduce yourself to the family down the street that moved in recently (or many months ago!)
- Exchange contact information with one or several of your neighbours in case of emergency.
- Express gratitude to a neighbour that helped you in the past. A card, a handshake or a kind word means much in today's online world.
- Host a garage sale together or invite your neighbour along to check out some of the sales in the area. (See below)
- Thinking of a shared fencing or landscape project this summer? This might be the weekend to start planning or building.

Knowing your neighbours builds safety on our streets. Looking out for one another is helpful. Our lives are richer with friends nearby. Join us on Saturday, May 30, 2020 and build community.

Visit aecaregina.com for up-to-date association news, plus:

-Our executive list and how to contact us

-Online registration for programs, activities and the AECA Preschool

-Find out how to apply for the AECA post-secondary scholarship

-The order form for our "That's My Brick!" fundraiser

AECA Community Membership Form

Need a membership? Please fill in this form and mail with a self-addressed stamped envelope along with the \$5.00 fee to:

A.E.C.A. Membership

Arcola East Community Centre

3860 Buckingham Dr.

Regina, SK

S4V 3A1

Name _____

Address _____

Postal Code _____ Tel. # _____

Email Address _____

Make cheques payable to A.E.C.A.

(Or visit the Arcola East Community Centre during office hours)

Arcola East Community Centre (AECC), 3860 Buckingham Drive East, Regina, SK, S4V 3A1

Phone 306-525-3401 or email contact@aecaregina.com

For information on AECA programs, preschool, recreation and contacts, visit aecaregina.com

Arcola East Community Association Winter/Spring 2020 Schedule Overview

AECA has a variety of fitness classes including Cardio, Body Sculpt, Yoga, and Zumba classes. The Association also hosts children's programs such as dance, and parent-and-tot Zumba; adult programs including basketball, volleyball, pickleball, and badminton. Most classes are held at the Arcola East Community Centre complex (which houses the Arcola East Community Centre, Jack MacKenzie School, and St. Gabriel School). Basketball, pickleball and badminton use gyms within the Arcola East area.

Please note that the schedule is subject to change. All instructors are properly certified to teach the class they are teaching. Drop-ins are accepted for most classes but are at the discretion of the Instructor based on class sizes.

The Winter/Spring session begins Jan. 11 and runs until May 16, depending on class, with no classes during Family week (Feb. 15-22) and during Easter week (April 10-17). Questions? Call 525-3401, Mailbox 2 or email fitness@aecaregina.com.

Prices are:

\$5 for ½ hr. class

\$7 for 1 hr 1 ¼ hr. class

\$10 for Yoga.

Winter/Spring Registration

Online registration takes place on the AECA website

(aecaregina.com) on Jan. 4, 2020 from 9 a.m. to 6 p.m. on Jan. 7, 2020.

In-person registration takes place Jan. 9, 2020 from 6:30-8:30 p.m. at the AECC (3860 Buckingham Dr.).

Program Refund Policy

Pro-rated Program refunds are permitted up to and including the second class for Fitness, Adult and Children's programs. To request a refund call 306 -525-3401, Box 2. All refunds are subject to a \$10.00 administration fee. After the second class a participant withdrawal refund will be considered on an individual basis.

Skating and Skills Refund Policy: Administration fee of \$50 will be charged after a cancellation and the spot cannot be filled. For more information please email aecaskating@gmail.com

Online Waitlist Policy

When space becomes available in a class, the participant on the wait list will be contacted via email and given 24 hrs to register for the available space.

AECA Garage Sale Day is May 30, 2020

You can have a garage sale anytime but why not let AECA help out with advertising, and draw in buyers? Run your sale all weekend or just May 30 on AECA Good Neighbour Day. Invite a neighbour to join with you, either hosting a sale or shopping for needed items. Several sales on one street or more tables on one driveway = bargain hunters.

Submit your address and hours of sale to contact@aecaregina.com. AECA will post on our website and promote the event. You may wish to post your own ad independently in your social media circles if you have specific items that you wish to sell. Garage sales are another opportunity to connect with your neighbours. We hope many families will take part in these new events. Join us!

2020 Winter Adult (16 years+) Programming

The 100-metre indoor walking track is open to the public at a very reasonable cost. Yearly passes are available for purchase.

Track hours are:

Monday-Friday 5:30 a.m.-1 p.m. & 3 p.m.-8:30 p.m.

Saturday 5:30 a.m.-9:30 a.m. & noon-8 p.m.

Sunday 5:30 a.m.-8 p.m.

Basketball

Fun play with no instruction. No team registrations permitted. Register for the winter and spring play starting Mon., Jan. 13

Monday: 8-10 p.m. @ WF Ready Gym

Tuesday: 8-10 p.m. @ Wascana Plains Gym

Wednesday: 7-10 p.m. @ St. Gabriel Gym

Thursday: 8-10 p.m. @ St. Gabriel Gym

Cost- \$ 40.00

Infant/Child First Aid CPR

This class is specially designed for the first-time parent, child caregiver, babysitter, or grandparent. You will learn how to resuscitate an infant and child. The class will also discuss how to treat burns, cuts and scrapes.

Instructor - Nicole Lamontagne

Sat., Apr. 18 from 1- 5 p.m. @ AECC

Cost \$30.00/1 session

Evening Fitness Walk

An opportunity to use the Arcola Community Centre Track without purchasing a Track Pass.

Walk Monday to Thursday, Jan. 13-Apr. 9 from 6 p.m.-8:30 p.m.

Cost: \$30.00

JOIN OUR BOARD!
The AECA board has vacancies. Email contact@aecaregina.com to find out how you can join our board and have a positive impact on our community.



 "On your mark, get set,"
To be challenged at the -
Regina 55+ District Games: 2020 January to April
Bridge (Contract and Duplicate), Cribbage, Curling, Darts, 8-Ball, 5-Pin Bowling, Golf, Hockey (Men and Women), Kaiser, Lawn Bowling, Pickleball, Poetry and Short Story Writing, Scrabble, Shuffleboard (Bank and Floor), Snooker, Swimming, Table Tennis, Tennis, Whist
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306-757-2442

Winter/Spring 2020 Adult Fitness Schedule

These programs run 16 weeks beginning Jan. 11 and ending May 14, 2020.

There are no classes the week of Feb. 17-20 and Apr. 13-16.

Core/Cardio

Mondays 7-8 p.m.

\$85.00 * 11 spots available*

Instructor - Wendy/Mary Anne S/Marianne B

Jan. 13 to May 11 ** AECC Infill **

Rev up your Core with Cardio intervals. Exercises to enhance your core's strength and stability using body weight, stability ball, weights and stretches. This class is what you need to achieve your core goals.

Fitness Yoga

Mondays 6-7 p.m.

\$85.00 *12 spots*

Instructor - Nicole

Jan. 13 to May 11 **Dance Studio **

This class is a combination of yoga and exercise and is suitable for all levels. Yoga movements and poses will incorporate light weights, stability balls, bosu balls, bolsters and yoga straps. The class will strengthen and tone the muscles, improve flexibility and balance,

and promote healthy posture. There will also be a relaxation component to calm the mind and reduce stress. Part of the class will be a movement style with flow followed by a slower mindful relaxation segment. Please bring a blanket, water and yoga mat. If you don't have a mat there are some available for you to use.

Barre Above

Tuesdays 7-8 p.m.

\$85.00 * 4 spots*

Instructor - Traci

Jan. 14 to May 12 **Dance Studio **

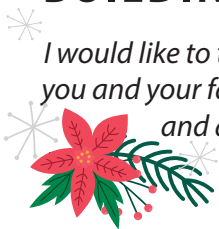
A no-to-low impact class that will focus on functional movements, full range of motion and alignment. It is a muscular, strength, and endurance class which combines Yoga, Pilates, and Ballet using a barre, light dumb bells, gliding discs, resistance bands, and body weight. This class will be held in the dance studio which has a barre along a mirrored wall. This class is for all levels.

LORI BRESCIANI

Ward 4

BUILDING COMMUNITY

I would like to take this opportunity to wish you and your family a very Merry Christmas and all the best in 2020.



To stay informed:

E-Newsletter - Sign up now!

go to regina.ca - Ward 4

We will notify you of important community and city-wide news, progress on issues, upcoming events, and the opportunity to solicit your views on important issues in Ward 4 and our city.

SAVE THE DATES

Ward 4 Community Meeting

Living Hope Alliance Church

3800 Green Falls Dr. – 7:00 pm

January 21 – Recreation facilities & high school
Needed in the South East?

April 21 - Seniors - Are we an age friendly city?
What improvements are needed?

May 12 – Speed, traffic calming & road safety
Are you concerned about speeding and road safety?

This is an opportunity to hear from you!



Lori Bresciani

Ward 4 City Councillor

(306) 570-1995

lbrescia@regina.ca



*It is an honour to serve Ward 4
to make Regina even better*

Adult Zumba

Tuesdays 7-8 p.m.

\$85.00 *26 spots*

Instructor – Sharlene

Jan. 14 to May 12 **Jack Mackenzie gym **

Thursdays 7-8 p.m.

\$85.00 *26 spots*

Instructor – Sharlene

Jan. 16 to May 20 (16 wks) ** St. Gabriel gym**

Perfect for Everyone! Each Zumba® class is designed to bring people together to sweat it on. Take the “work” out of workout, by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise!

Super effective? Check. Super fun? Check and check!

A total workout combining all elements of fitness — cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! Perfect for ages 14 - 85 years old! Please remember to bring a water bottle and a small towel.

Total Body Sculpt

Sundays 10-11 a.m.

\$85.00 *9 spots*

Instructor - Miranda

Jan. 12 to May 10 ** AECC Infill **

Tuesdays 7-8 p.m.

\$85 * 3 spots*

Instructor - Wendy

Jan. 14 to May 12 ** AECC Infill **

Total Body Sculpt is a non-aerobic, muscle-toning class with a focus on core strength. This sculpting class uses body weight, exercise bands, or dumbbells, or a combination of these gadgets to tighten and tone all areas. You perform traditional weight-training moves in a class setting. A challenging yet easy to follow workout that is suitable for all ages.

Core/Stretch

Saturdays 9:30-10 a.m.

\$48.00 *16 spots*

Instructor - Traci

Jan. 11 to May 9 ** AECC Infill **

A 30-minute class that will target each of the major muscles groups following some gentle mobilising movements to warm the muscles. A strong, flexible core underpins almost everything you do. A dynamic flexibility class with simple stretching and postural focus.

Power Walk/Run

Saturdays 10-11:15 a.m.

\$92.00 * 8 spots *

Instructor – Traci

Jan. 11 to May 9 ** AECC Infill **

Start your weekend with a BANG! This high-energy class alternates running/walking with strength training that will provide a full-body workout incorporating all major muscle groups. Improve your balance, shape, and strength using weights, stability balls, bosu balls, and bands. This class is suitable for all levels

Butts & Gutts

Thursdays 7-8 p.m.

\$85.00 *16 spots*

Instructor – Marianne B/Miranda

Jan. 16 to May 14 **AECC Infill **

Fun class dedicated to toning of your abs and glutes with targeted movements and cardio. Class will focus on core strengthening to build muscle tone, in addition will target your quads, hamstrings, and lower back for functional movements, with various equipment

YOGA - Flow into Connection

Mondays 7:15-8:15 p.m.

\$140.00 *6 spots**

Instructor - Sasha

Jan. 13 to May 11 ** Jack Mac Dance **

Plan to sweat, smile, and emerge renewed in this class. We will work on body awareness, linking breath with movement, to become your ultimate expression. Unleash your inner yogi and return to your true nature – Joy! Come to connect. Come to breath. Come to fly. All levels and ages welcome!

YOGA - Continuing

Tuesdays 9:15-10:15 a.m.

\$140.00 *5 spots*

Instructor - Sharma

Jan. 14 to May 12 ** AECC MP Room **

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation.

YOGA - Vinyasa/Flow Multi-level

Wednesdays 9:30-10:30 a.m.

\$140.00 *10 spots*

Instructor - Sharma

Jan. 15 to May 13 ** AECC MP Room **

Vinyasa Flow is connecting breath with movement. Sharma's teaching philosophy is focused on providing the tools for students to compassionately connect with the needs of their body. Practicing from a place of honor and well-being she weaves her love of mindful meditation throughout her classes. This class is good for all levels.

YOGA - Gentle Beginner

Wednesdays 6:15-7:15 p.m.

\$140.00 *11 spots*

Instructor - Sharma

Jan. 15 to May 13 ** Jack Mac Dance **

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation

YOGA - Power Vinyasa/Flow

Wednesdays 7:30-8:30 p.m.

\$140.00 * 1 spot*

Instructor - Sharma

Jan. 15 to May 13 ** Jack Mac Dance **

Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. This type of yoga is a vigorous and revitalizing form of physical fitness.

YOGA - Mindfulness yoga

Thursdays 9:15-10:15 a.m.

\$140.00 *10 spots *

Instructor - Sharma

Jan. 16 to May 14 **AECC MP Room **

Practice to settle the busy mind by focusing on the breath and body. We will move very slowly and gently in class bringing present moment awareness to the subtle energy of the body as we hold and explore all sensations. As well as learning how to relax the body and mind in times of stress and tension.

YOGA - Vinyasa/Flow Multi-level

Thursdays 7-8 p.m.

\$140.00 * 9 spots*

Instructor - Chelsea

Jan. 16 to May 14 ** Dance Room **

This class based in flowing movements will connect you with your breath as you build strength and endurance, develop your core awareness and improve your balance and posture. Come prepared to sweat, laugh and challenge yourself with playful a sanas and breath work that will leave you feeling balanced.

GATES & COMPANY
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ANGELA K.M. KRUK, B.Comm., LL.B.

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Regina, Saskatchewan
S4R 3J7

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AECA Youth Ice Programs Winter 2020

Please note: No classes will be held Monday, Feb. 17, 2020. No online registration. Please call 306-525-3401 box 2 to register.

Category: Children
 Name: Skating and Skills Program
 Ages: 5-6
 Day: Mondays 8 sessions from Jan 6 – Mar. 2, 2020
 Time: 5:45-6:25 p.m.
 Location: Mahon Rink
 Cost: \$175
 Other: Max. 22 spots. Taught by certified power skating instructor. Full hockey/ringette equipment required with stick.

Category: Children
 Name: Power Skating and Skills
 Ages: 7-9
 Day: Mondays 8 sessions from Jan 6 – Mar. 2, 2020
 Time: 6:25-7:15 p.m.
 Location: Mahon Rink
 Cost: \$220

Other: Max. 22 spots. Taught by certified power skating instructor. Full hockey/ringette equipment required with stick.

Category: Children
 Name: Power Skating and Skills
 Ages: 10-12
 Day: Monday 8 Sessions from Jan 6 – Mar. 2, 2020
 Time: 7:20 – 8:15 p.m.
 Location: Mahon Rink
 Cost: \$220
 Other: Max. 22 spots. Taught by certified power skating instructor. Full hockey/ringette equipment required with stick.

For more information or registration information please email aecaskating@gmail.com

East Zone Recreation Board 2020 Skating Program Winter Classes

Classes are available to residents residing with the following community association boundaries: Arcola East, Boothill and Dewdney East. All classes are held at the Clarence Mahon Arena – 130 Brotherton Avenue. CSA APPROVED HELMETS ARE MANDATORY FOR ALL CLASSES. CASH OR CHECK ONLY (NO DEBIT CARD MACHINE, OR CREDIT CARDS). REGISTRATION: THURSDAY, JANUARY 9TH 6:30 – 7 P.M. GLENCAIRN RECREATION CENTER, 2626 DEWDNEY AVE. EAST.

Doors open at 5:45 to allow line-ups. Due to limited class space registration is limited to registration of immediate family members and only one class per child. A community association membership is required and can purchased at registration. Registration is on a "First come- first serve" basis. For more information leave a message on the East Zone skating line @ 525-3512

Class	Date	Times	Cost
Learn to Skate Pre-school (3-5 years)	Wednesdays Jan. 31-Mar. 18 8 classes	1:15-2 p.m.	\$50 per person
Parent/Tot skate (3-5 years) *Parents must accompany child on ice with or without skates	Saturdays Feb. 1-Mar. 21 8 classes	10-10:30 a.m. and 10:30-11 a.m.	\$45 per person (no fee for parents)
Learn to Skate (4-9 years) *Child should be able to go on to ice by themselves	Saturdays Feb. 1-Mar. 21 8 classes	11-11:30 a.m., and 11:30-12 p.m., and 12- 12:30 p.m.	\$45 per person
Intermediate Skate (6-12 years) *Must have taken at least two Learn to Skate classes	Saturdays Feb. 1-Mar. 21 8 classes	12:30-1 p.m.	\$45 per person

AECA Children's Programs Winter 2020

Fit & Fun Families (open to all ages, families)

Open gym time to run and play as a family, (no hockey sticks)

Mondays & Wednesdays 6-7 p.m.

St. Gabriel/Jack Mackenzie Gym

Jan. 20-Mar 26 (occasional cancellations)

One session: \$10 per family

Two sessions: \$20 per family

PRESCHOOL

Dance/Acro/Baton Pre-school Combo (4-6 yrs)

This class will introduce children to rhythm and music through dance, baton and tumbling.

Mondays 6-6:45 p.m., AECC Multipurpose Room

Jan. 20- Mar. 30 (10 classes) (no class Feb. 17)

Mondays 6:45-7:30 p.m., AECC Multipurpose Room

Jan. 20-Mar. 30 (10 classes) (no class Feb 17)

Per session: \$70

Parent/ Child Zumba (3-9 yrs)

Parents and kids will enjoy these rockin', high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love. These programs inspire both kids and adults to express themselves through movement and play while effectively improving their overall health and well-being.

Thursdays 6-6:45 p.m., St Gabriel School Gym

Jan. 23-Apr. 2 (10 classes) (no class Feb 20)

Per session: \$70 parent & 1 child, \$20/additional child

Babysitting Basics (St.John Ambulance) (11-14 yrs)

Course is aimed at 11-14 year olds interested in taking responsibility for younger children. Content in the 6.5 hour class includes safety practices, child care basics, introductory first aid and activities to try. Hands on participation and skill development are the focus.

Taught by a St. John Ambulance instructor.

Friday, May 15, 9 a.m.-3:30 p.m. (bring own lunch-no nuts!)

AECC Multipurpose Room

Cost \$50

Home Alone Course (St. John Ambulance) (10-14yrs)

A 2.5 hour class designed to provide children aged 10-14 years with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

Friday, Mar. 20 9-11:30 a.m.

AECC Multipurpose Room

Cost \$35

Peter Fourlas
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- Peter@PFourlas.ca
- P: 306.529.0009
- PeterFourlas.ca





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F: 306.777.6809
E: jfindura@regina.ca
Regina.ca



Queen Elizabeth II Court
2476 Victoria Avenue
PO Box 1790
REGINA SK S4P 3C8

AECC TRACK PASS REGISTRATION

You are required to choose at least four consecutive months throughout the year – specify start and stop dates. Please be aware you cannot cancel, change or modify your dates once your form has been submitted (NO REFUNDS WILL BE ISSUED) so please plan accordingly. You may extend your membership prior to your expiry date for \$15 a month.

The Track Pass form will be accepted for new and renewal Track Pass registration. Mail forms to the address below or visit the AECC office Monday-Thursday between 6 & 8:30 p.m.. Please call the Track voice mail at 525-3401 extension 1 for access times.

NOTE: A refundable \$15 deposit per access card (TrackPass) is required for new Track Passes. This is a one-time fee that will be refunded upon return of the access card. Access cards may be kept from year to year. Replacement access cards require a \$15 deposit. Please report lost or stolen access cards to the Track voice mail at 525-3401 extension 1.

An AECA membership (one per household) will be required to purchase/renew a Track Pass membership. AECA memberships can be purchased with this form. AECA memberships expire Aug. 31, 2020.

Please issue cheques payable to the Arcola East Community Association (AECA). Post-dated cheques will be accepted for start date of TrackPass. AECA memberships and TrackPass confirmation notices will be mailed.

Note: One Track Pass Required Per Person

New Track Pass (\$15 deposit required) Renewal Track Pass

Full Name: _____

Address: _____ Postal Code: _____

Phone Number _____ Track Pass Card# _____

Track Pass Membership: (Please check one)

Option 1: Yearly Walking Pass \$90 \$ _____

Option 2: (\$15/month min. 4 consecutive months)

Start date _____ Stop date _____

of months _____ X \$15 \$ _____

2019-2020 AECA Membership (add \$5) \$ _____

Access Card Refundable Deposit (add \$15) \$ _____

Total \$ _____

Receipt # _____ AECA Membership # _____

Mail Track Passes to:

Arcola East Community Centre (AECC)

3860 Buckingham Drive East, REGINA, SK. S4V 3A1

Please allow 10 working days for pass activation

Christine Tell MLA
Regina Wascana Plains



Constituency Office
2318B Assiniboine Ave. E., Regina, SK S4V 2P5
Tel: (306) 205-2126 Fax: (306) 205-2127
Email: christinetellmla@accesscomm.ca
Web: www.christinetell.com

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306.992.1258

regina@oxfordlearning.com

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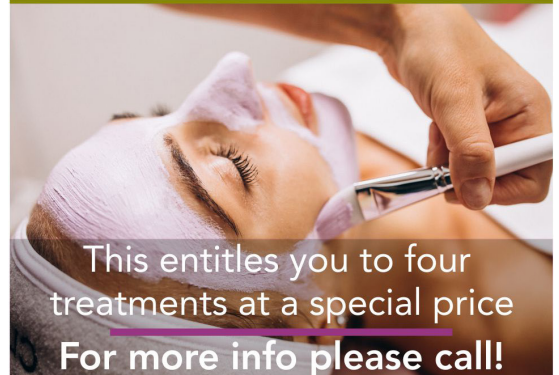

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\$30 OFF

Redeemable only at Greens on Gardiner location.
Expires 31st Jan 2020.

Jane Iredale - Cruelty free cosmetics



\$10 OFF

Min purchase \$50

Expires 31st Mar 2020.

Organic Body Wrap



\$30 OFF

Redeemable only at Greens on Gardiner location.
Expires 31st Feb 2020.



3850 - GREEN FALLS DRIVE, REGINA

306 559 9988